



Highland Senior Citizens Network

Nothing about us without us

Scottish Charitable Incorporated Organisation (SCIO) SCO34260

August 2023

Chair's Introduction

There is a proposal before the Scottish Parliament to establish a Commissioner for Older People in Scotland, to promote and safeguard the rights and interests of older people and to challenge discrimination.

The proposed bill will ensure that there is a champion for older people who is specifically responsible for ensuring that their rights and interests are being observed and that any policies or government legislation takes account of their views and lived experience. The Commissioner would achieve this by

- Raising awareness of the interests of older people in Scotland and of the need to safeguard those interests.
- Promoting the provision of opportunities for, and the elimination of discrimination against, older people in Scotland.
- Encouraging best practice in the treatment of older people in Scotland.
- Keeping under review the adequacy and effectiveness of law affecting the interests of older people in Scotland.
- Undertaking investigations into how service providers take account of the rights, interests, and views of older people in the decisions they take and the work they do in relation to devolved matters.

HSCN strongly supports this Bill which is out for consultation until 12th September.

To respond via online survey, please follow this link:

<https://www.smartsurvey.co.uk/s/OlderPeoplesCommissioner/>

Ian McNamara

Staying in touch with HSCN

Phone or e-mail our Co-ordinators:

Anne McDonald 07933 653313

anne-hscn@outlook.com

Jo Cowan 07933 653585

jo-hscn@outlook.com

call HSCN phone: 07716 884 989

e-mail on hscn@hotmail.co.uk

write to Box 301, Mailboxes, 8 Church Street, Inverness IV1 1EA

visit our website www.hscn.co.uk

follow us on Twitter and Facebook



The HSCN owl proudly supporting LGBTQ+ people at Inverness Pride

HSCN Annual Conference and AGM, Wednesday 13th September 2023 Hoping to see many of you at this year's HSCN Annual Conference and AGM. We have some thought-provoking speakers coming along to encourage us to keep talking about some very important topics – mental health, dementia, scams and more.



Highland Senior Citizens Network

HIGHLAND SENIOR CITIZENS NETWORK ANNUAL CONFERENCE/AGM

WEDNESDAY 13th SEPTEMBER 2023, 10:00 am – 3:30pm

You are invited to attend the 2023 Annual Conference/AGM of the Highland Senior Citizens Network to be held on Wednesday 13th September 2023 at the Kingsmills Hotel, Culcabock Road, Inverness IV2 3LP.

The Theme of our Conference this year is:

“Things we need to keep talking about.....” Looking at mental health, scams, dementia, and how HSCN can be welcoming to everyone.

SPACES ARE LIMITED - BOOKING IS ESSENTIAL

To book a place at the Conference/AGM please:

- Telephone 07716884989
 - Email hscn@hotmail.co.uk
 - Write to HSCN, Box 301, 8 Church St, Inverness IV1 1EA
- no later than Wednesday 6th September 2023**

(A soup/sandwich/fruit lunch will be provided – if you have any dietary requirements, please let us know at the time of booking).

(Please note that although attendance at the Conference is free, donations would be much appreciated and would assist in the continued work of HSCN.)

For Groups/Organisations, please note – we are sorry, but due to space restrictions we are unable to offer tables for you to display your information. However, there will be *one* large shared table available to all groups/organisations to enable you to display a **small number** of leaflets. There will also be some space available for small pull-up banners.

**HIGHLAND SENIOR CITIZENS NETWORK ANNUAL CONFERENCE
WEDNESDAY 13th SEPTEMBER 2023**

Kingsmills Hotel, Culcabock Road, Inverness IV2 3LP

'Things we need to keep talking about...'

PROGRAMME

| | |
|---------------|---|
| 9:30 – 10:00 | Registration and tea/coffee |
| 10:00 – 10:05 | Welcome – Dr Ian McNamara (Chairman, HSCN) |
| 10:05 – 10:30 | HSCN AGM |
| 10:30 – 11.20 | Our Mental Health (Graham Morgan, Mental Welfare Commission for Scotland and writer and speaker about all things mental health related) |
| 11:20 – 11.40 | Scams Awareness Peer Group Talks (Joan Philip & Robert Kay) |
| 11.40 – 11.50 | Break |
| 11.50 – 12.40 | Dementia Friendly Communities Network (Colm McBriarty, Age Scotland) |
| 12:45 | Lunch |
| 1:30 – 1:45 | Raffle |
| 1:45 – 2:45 | Conversation Café Following some inspiring discussions at Inverness Pride we would like to continue the conversation with Round Table discussion about how HSCN can make <u>everyone</u> feel welcome and included. <i>Tea/coffee will be served after this session</i> |
| 2.50 – 3.15 | Ukelele Band |
| 3:15 – 3:30 | Summing up |

(The financial contribution from the Inverness Common Good Fund in supporting the Conference is much appreciated)

News from HSCN - What we've been up to...

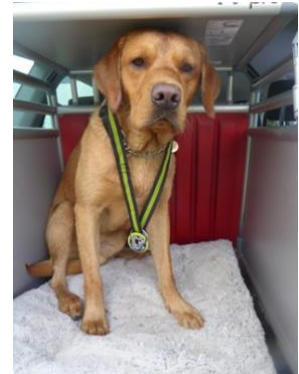
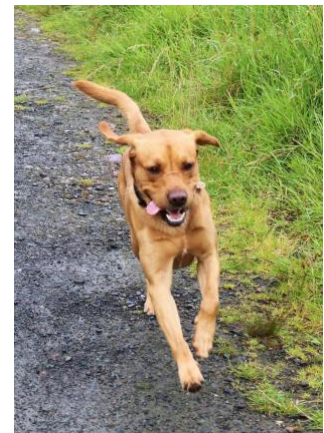
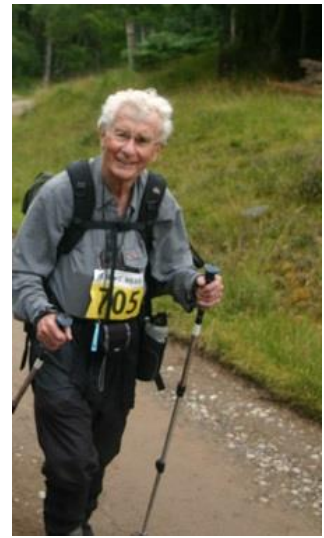
The Great Wilderness Challenge 2023 completed – all donations gratefully accepted!

A team of 9, if you include one four-legged member, took part on behalf of Highland Senior Citizens Network in this year's Great Wilderness Challenge. Ranging in age from 14 to 74+ we were very intergenerational. We walked the 7-mile and 13-mile circular routes, enjoying the spectacular scenery and appreciating the fabulous catering and stewarding.

The Great Wilderness Challenge is one of our most successful fundraising activities each year. Team members have been fundraising with paper sponsorship forms and our colleagues at Highland Hospice have enabled us to have a Highland Senior Citizens Network Team Sponsorship page. Anyone who would like to support us can now donate directly to the team.

<https://greatwildernesschallenge.enthuse.com/pf/highland-senior-citizens-network>

Please do get in touch if you prefer the off-line method of giving 😊 We appreciate any support!



Kurling is Catching with HSCN members

Earlier this year HSCN purchased two Kurling (all-ability indoor curling) sets, and it's been great to see them being enjoyed by groups across Highland.

The Ormile Community Association Activity Group so enjoyed the Kurling that they borrowed it for the summer and have been using it weekly since. They are looking for funding to purchase their own set.



The lovely folk at Badenoch & Strathspey Community ConnXions have been spreading the all-ability indoor Kurling bug too. They bought their own set following Highland Senior Citizen's Network's taster in March and have embarked on a series of taster sessions to spark interest in the valley communities. Having held two very well-attended sessions in Newtonmore Village Hall in July, they are now building interest with tasters in Granttown with a view to setting up a friendly league to run over winter.



We also have Boccia sets. Let Jo or Anne know if you would like them to bring Kurling or Boccia to your group.



Getting Together Again; a happy HSCN Co-ordinator on the road in Highland. I've been a Co-ordinator for HSCN for over 7 years now, and one of the things I love most about my job is meeting up with members; travelling around our beautiful area, lots of nattering, making connections and drinking a lot of tea. Covid resulted in considerably less of all these, so I was delighted in Spring 2023 to be making plans to be getting together again.



Previously our Highland Older People's Get-togethers brought together members across an area of Highland for a day in a largish venue. Feedback from members meant I was aware that there was considerable anxiety for many about meeting in large numbers and nervousness around travelling far. These Get-togethers were to be more local, in venues people were familiar with, often hosted by one member group, for a shorter time – tea and cake instead of soup lunch were the order of the day. Our topic for most was simply 'Getting back together'.

I started off close to home with an Intergenerational gathering for the Film Premiere of 'Stories from the Black Isle', a project of member group Black Isle Cares. Pupils from Avoch Primary School invited older people into their classroom where they watched the film of their stories and enjoyed choc ices, popcorn and each other's company.



At the Merkinch Community Centre, lunch club attendees were joined by Highland Senior Citizens Network (HSCN) members for a performance of 'The Third Sister' with deaf and hearing actors, from the Solar Bear theatre company. Feedback was very positive, with people finding the performance enjoyable and interesting, and appreciating the opportunity to be together in person again. For some this was their first outing for years, their first theatre performance in a long time, and first ever with a deaf actor.

Members of the Kensal Club in Alness took part in a Peer Scam Awareness Conversation, delivered by HSCN Trustees. They developed this with advice from Police Scotland, Trading Standards, and the Bank of Scotland, following rising awareness of the risks of scams and hearing first hand from those affected. Having now delivered this to 100s of older people it's been very clear how relevant and useful they find the conversation.



Heading west to Gairloch where Gairloch Aids and Mobility Service (GAMS) brought together 45 older people for a Get-together in the Golf Club café. It was great to be able to share information about HSCN and Age Scotland activities with new people, who were delighted to hear about the support available. All enjoyed the wonderful afternoon tea.

Back in Inverness for a Get-together at Inshes Church, where numbers were smaller but the event was valued by those able to attend. I spoke to many others who would have liked to attend and were delighted to know that Get-togethers were happening again, but for various reasons; anxiety, high risk, lack of transport, lack of support, mobility problems, were unable to attend this time.



In June Get-togethers took place at the Brora Hub, the Assynt Centre in Lochinver, and the Pentland hotel in Thurso. HSCN delivered their Scam conversation at all of these. Everyone appreciated hearing about support and services and sharing their own news.



Crucially members simply enjoying being together in person again, and of course the scones!

Feedback was excellent:

- *Brilliant session. Good contacts and information*
- *Making contact, face to face, with people is very worthwhile*
- *Excellent presentation, good company, and good scones*

Finally, July saw us at Highland Pride, with a joint HSCN and Age Scotland stand. A great day chatting to lots of older people about the organisations and asking what we can do to make everyone feel welcome. Thanks to Joan for knitting our beautiful rainbow-coloured mittens.



It's been fantastic to be out and about again, meeting over 200 older people (1000+ if you count Pride), from more than 30 different member groups. I travelled nearly 1500 miles and enjoyed far too many scones! I have plans for more Get-togethers in other areas, and invitations from other members, for after the summer. Looking forward to heading to Caithness, Sutherland, Easter and Mid Ross and Nairn, with plenty of catching-up, making new connections, and cups of tea!



Anne McDonald, HSCN Co-ordinator

Coming up in August and September

HSCN Virtual Tea-breaks Our weekly Tea-breaks have had a break for the summer but start back next week, meeting over Zoom from 11am until noon. We've been joined by some new faces in the last few months, and would encourage anyone to come along, either for one week if there is a particular topic that interests you, or regularly to catch up with our friendly group.



| Date | Host | Topic |
|----------------------------|---|---|
| 24 th August | Ruth, Luminate | Consultation on the importance of Creativity for their new Strategy |
| 31 st August | Tony, Scottish Older People's Assembly | Age Friendly Communities |
| 7 th September | A catch-up | |
| 14 th September | Claire and Amanda, Care Inspectorate | Quality questionnaires for users of care services |

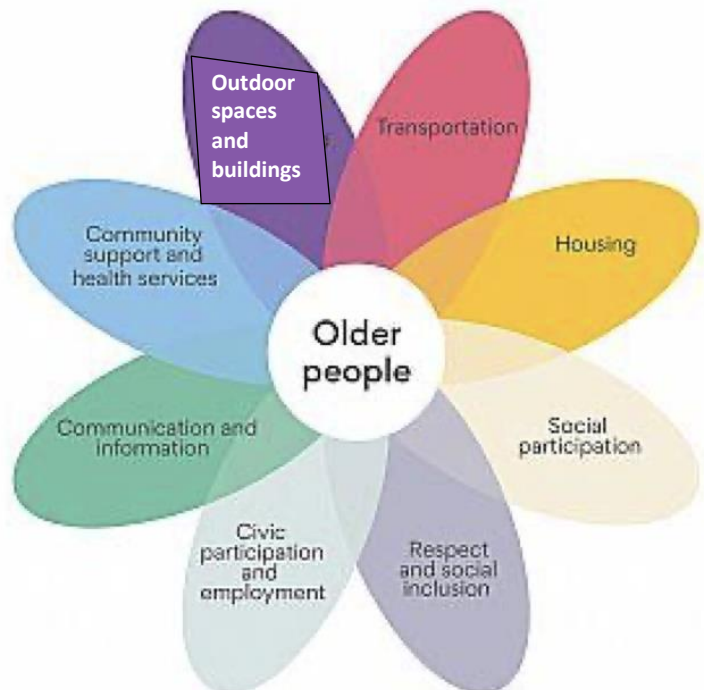
Please get in touch with Anne, anne-hscn@outlook.com if you would like the link for the Tea-break.

Age-friendly Communities Scotland Update and How to Become Involved

SOPA's Project Co-ordinator, Tony Donohoe, is continuing to develop our work to promote Age-friendly Communities across Scotland. With currently two AfCs in Scotland, South Lanarkshire and South Ayrshire, the focus of our project is on building on the success of these to bring the potential benefits to older people in other areas across Scotland.

Further work over the next few months will include establishing a Scottish Network or Working Group to share practice and information on AfCs in Scotland and assist other areas to achieve this.

Over the next year or so we want to help as many communities as possible in Scotland to become more age-friendly. *If you or your organisation wish to find out more then please contact our AfC Project Co-ordinator, Tony Donohoe, email: tony@scotopa.org.uk mobile: 07745 355234.*



CARING FOR CARERS HIGHLAND ROADSHOW From 20th September to 6th October, events are happening throughout Highland to help our unpaid carers.

It's estimated that one in 3 of us will be carers at some point in our lives. Many of us don't even realise that we are carers and that you don't have to be in receipt of carers allowance to qualify for help and support. The Short Breaks fund, for example, could help an unpaid carer to take a short holiday or enjoy their hobby. Perhaps an e-bike is what would make a real difference to your quality of life, a sewing machine or getting a gardener round if things are becoming a bit wild outside.

Just identifying what help is available to you can be tricky. In response, a host of agencies have collaborated to launch a Highland Roadshow with events in Fort William, Aviemore as far west as Skye and into Thurso and Wick. This is a chance to meet face to face with the real people who can help you in a completely informal environment where there's no such thing as a silly question. Online services are great, but can seem complicated or alienating to lots of folk. Another reason for the Roadshows is to bring people together, so we're encouraging not only unpaid carers, but professionals and potential volunteers to come as well.

Leading the initiative for NHS Highland, Jennifer Campbell says, *'We're really hoping to reach carers who are 'off-radar'. In Highland, there are thousands of people of all ages working hard to support a neighbour, friend or relative, but many aren't aware that there is any help available to them personally. There's clearly a natural tendency to concentrate on the person being cared for before yourself. We want to offer support before someone becomes overwhelmed. Sometimes small things can make a big difference. Last year we funded glass-blowing equipment for a carer who loves his hobby and shares it with his brother. They find it relaxing and rewarding and now even make a bit of money selling their beautiful work locally.'*

Each event is a drop-in with refreshments provided to encourage you to stick around and perhaps chat to people in a similar situation to your own. You can bring the person you care for with you. Ring 07966 565 138 to find out more about the event closest to you, or search 'Highland Carers' Roadshow' on Eventbrite.

Confirmed dates at time of the news-sheet going to print:

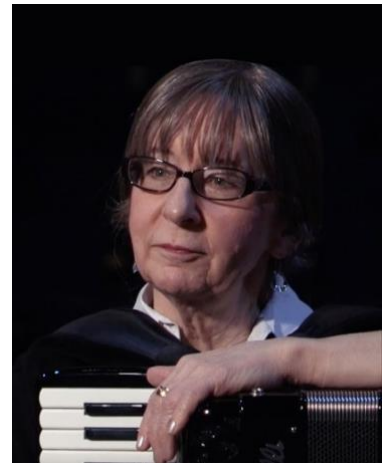
- Wed 20th Sept – Alness
- Tues 26th Sept – Ullapool
- Wed 27th Sept – Dingwall
- Thurs 28th Sept – Golspie
- Fri 29th Sept – Thurso
- Mon 2nd Oct – Aviemore
- Tues 3rd Oct – Portree

with events still to be confirmed for Nairn, Wick, Fort William and Kinlochbervie.

Participating services include: Befrienders Highland, Connecting Carers, Change Mental Health, Community Contacts, Partners in Advocacy, Creativity in Care, Alzheimer Scotland, Thriving Families, Dementia Friendly Communities, NHS Highland Short Breaks.

SOPA's Annual Assembly will take place on Monday 9th October 2023 at the Technology and Innovation Centre, University of Strathclyde, 99 George Street, Glasgow G1 1RD. We are delighted to announce that Jason Leitch, National Clinical Director, Healthcare Quality and Improvement will be one of our keynote speakers on the day. This event is free but ticketed. We are looking forward to a great day and seeing you there. Any questions or queries meantime please contact Hetty hetty@scotopa.org.uk or 07434 867890

Julia Gordon's Digital Ceilidh band Up until the Covid 19 pandemic, Julia Gordon was part of the Damfankle Ceilidh Band, playing accordion on board the cruise ship Lord of the Glens that sailed through the Caledonian Canal and out around the islands off the West Coast of Scotland.



With the end of sailings and other social contact, not getting any younger and the worsening of a back problem, Julia felt it was time to think about retiring from the physical demands that on-the-road performance could make. However, her music was too important to her to let go entirely, so she had the idea to convert the rollator she had used when her back problem had been at its worst, to carry all the equipment she needed to take her music into care homes, lunch clubs, and the like.

In this way, she continues to deliver 1-hour concerts to folk no longer able, perhaps, to make their way to village halls and Highland balls. There is no charge and only requires the provision of transport able to accommodate her adapted rollator (equivalent to transporting a wheelchair - see photo). Where a care home doesn't have a WAV (wheelchair accessible vehicle), she can call on Partnerships for Wellbeing or an Inverness Taxis WAV to get her there and back.

Although well versed in all styles of accordion music, Julia offers her own arrangements of the music of Scotland for these concerts and uses backing tracks by other members of the band to support her solo performance, thereby creating the full Scottish band sound.

To enquire about arranging a concert, Julia can be reached on 07942145048 or at juliagordon.asm@gmail.com.



End of Life Care Together partnership launch 24/7 Palliative Care Helpline

Talking about dying can be uncomfortable. Many of us shy away from thinking about it in relation to ourselves and our loved ones. But, as an inevitable part of life, it's something we really do need to consider.

What do we want towards the end of life? Where and how do we wish to be cared for, and

what really matters to us? We should be able to influence the care we receive towards the end of life and our health and social care professionals are passionate about delivering this care. But too often the system does not enable this to happen.

While most of us would choose to be cared for at home, over 30% of hospital beds are occupied by people in the last year of life. Put simply, this means that too many people are not getting the care they want, when they need it most. This is despite the huge dedication of health and social care professionals who are committed to doing their very best for us.

So how do we change this? We know that up to 40% of these unwanted hospital admissions could be avoided if we did more to plan for our end of life care and we were able to share these plans across the health and social care system. In Highland we've already taken the first steps towards achieving this through the End of Life Care Together partnership.

This Highland Hospice led partnership includes NHS Highland, Macmillan Cancer Support and a number of other organisations across health and social care who are committed to improving end of life care for all. Through this partnership we have already launched the 24/7 Palliative Care Helpline which provides a single point of access for advice, support and information for people nearing the end of life, their families, carers and professionals across Highland and Argyll and Bute. The service is delivered by Highland Hospice and NHS Highland and funded by Macmillan Cancer Support through their partnership with Social Finance.

If you, or someone close to you has palliative care needs you can call the Palliative Care Helpline, day or night, when you're finding it difficult to get help, when you're feeling anxious or frightened or when your GP surgery is closed. The helpline is led by a team of highly experienced nurses who take a holistic and person-centred approach to patient care. This means they provide support on a range of issues from medication and pain management to help identifying social support available.

The team also acts as a centralised point of contact, working very closely with other health and social care services to help co-ordinate additional support or



hospital/hospice admissions when required. In doing so we're better able to coordinate care needs, reduce unnecessary and unwanted hospital admissions where possible, and ensure people at the end of life, and their families, can achieve the best possible quality of life.

The launch of the 24/7 Palliative Care Helpline is only the beginning for the End of Life Care Together partnership. We're working with GPs to help support identification and care planning and working with Scottish Government and NHS Highland to develop a better digital system for sharing our care plans with everyone who may be involved in our care. We are also trialling a responsive, care at home service which is proving to be of great value to patients and families wishing to be cared for at home.

To keep up to date with our latest developments and to find out more about the 24/7 Palliative Care Helpline, visit highlandhospice.org/eolct.

Your Palliative Care Helpline - save the number, just in case - **01463 706655**.

Last Aid Courses, from Highland Hospice or bespoke for your group

Last Aid courses aim to help people to have conversations about death and dying, primarily by first accepting that death is part of normal life. It's an important life skill to have. Our Last Aid Course is open to everyone and is particularly useful for those currently involved in supporting people at the end of life, or likely to be faced with this in the future.



The course lasts 3.5 hours, it runs from the Highland Hospice monthly, and can be attended face-to-face or via Zoom. There are 4 modules to the course, which look at Dying as Part of Normal Life, Planning Ahead, Relieving Suffering and Final Goodbyes.

Our scheduled courses are monthly from Highland Hospice, between 10.00 - 13.30, the next dates are Friday 8th September and Friday 6th October.

If you feel the course may be of interest to members of your group, and you feel that a later or evening time may be better, bespoke course arrangements can be considered.

If you have any questions, please contact:

Susan Speke, Last Aid Development Officer

Tel: 01463 243132 Ext 340 or Mobile: 07551 428 193

s.speke@highlandhospice.org.uk

<https://www.eventbrite.co.uk/e/last-aid-tickets-152331990083>

Partnerships for Wellbeing Health Walks in Inner Moray Firth Area

Partnerships for Wellbeing support 12 Health Walks across the Inner Moray Firth Area. We are supported and partially funded by Paths for All as our parent organisation. The idea of a Health Walk is to provide an achievable walk for someone who hasn't exercised in a long time or may be recovering from an operation or other health issue. To that end the distance covered may be under 2km/1.5miles, at a relaxed pace and have a duration of no more than one hour but can be much less initially. There is generally a cuppa and a chat after the walk which provides another opportunity for socialising.

To accommodate a range of walkers there may be 2 options within a group, a shorter, easier paced route and a longer route for more active walkers. Having 2 options also provides an opportunity for progress within the group.

Like most other organisations we're still recovering from the effects of Covid but happily we're able to report that we have restarted a Health Walk from Maggie's Cancer Support Centre and we're also in the process of restarting a walk from Smithton at the end of August.

Walking has been shown to be the best 'bang for your buck' in terms of exercise. You don't need any special equipment apart from a comfortable pair of shoes and it's free, as are our health walks! Walking wards off heart disease, raises the heart rate, lowers blood pressure and strengthens the heart. Just starting with 10 minutes of walking here and there can count towards your weekly recommended 150 minutes of exercise. You'll start feeling the benefits very quickly as well as the chance to meet new people.

If you're interested to join one of our walks or maybe to become a walk leader then please get in touch with Jayne Preece, Health Walk Manager on 07824 689235 or jayne@p4w.org.uk.



Inverness Openarts Sessions All Sessions are now drop-ins: **NO NEED TO BOOK/RESERVE A SPACE!** We have listened to your views and removed the requirement to reserve spaces. You do not need to contact us to let us know you're coming to a session, simply turn up on the day (arrive/leave whenever you please).

INVERNESS OPENARTS

 **FREE ART-FOR-WELLBEING SESSIONS, OPEN TO ALL AGED 16+ WITH A FOCUS ON SUPPORTING THOSE:**

- **LIVING WITH MENTAL/PHYSICAL HEALTH ISSUES**
- **EXPERIENCING SOCIAL STIGMA AND/OR ISOLATION**
- **WHO IDENTIFY AS NEURODIVERSE AND/OR LGBTQIA+**
- **NOT ABLE TO AFFORD TO TAKE PART IN CREATIVE ACTIVITIES**

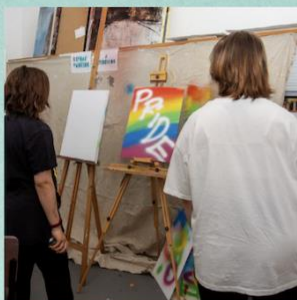
SUPPORT WORKERS ARE WELCOME TO ATTEND WITH SERVICE USERS

**EVERY
SESSION GIVES
FREE
ACCESS TO:**

A WIDE RANGE OF ART MATERIALS
CREATIVE GUIDANCE AND DEMOS
FROM QUALIFIED ARTISTS
A FRIENDLY AND
SUPPORTIVE CREATIVE COMMUNITY



OUR ARTIST FACILITATORS FOCUS ON CREATING A WELCOMING AND NON-JUDGEMENTAL ENVIRONMENT.
ALL STAFF TRAINED IN MENTAL HEALTH FIRST AID AND HEALTH INEQUALITIES



NO BOOKING, NO PRESSURE - JUST TURN UP ON THE DAY.
DROP-IN ACCESS - ARRIVE & LEAVE WHENEVER SUITS WITHIN SESSION TIMES

EMAIL: INVERNESSOPENARTS@WASPSSTUDIOS.ORG.UK
MOB: 07539020698



FREE, NO BOOKING REQUIRED

wasps_

Art-for-Wellbeing Sessions

Open to people of all abilities and backgrounds aged 16+ with a particular focus on increasing access to artmaking for those who face barriers to participation in the arts. For example, due to social/ financial circumstances or mental & physical health.

All sessions are now drop-in, no booking required! Just turn up on the day, arrive and leave whenever suits within the session time.

Openarts Sessions Focus on:

- **Removing** social & financial barriers to creative opportunities
- **Supporting** wellbeing through artmaking in a shared, non-judgemental environment
- **Providing** safe, creative spaces for people of all backgrounds and abilities
- **Developing** artistic confidence and skills at a pace that suits the individual
- **Nurturing** participants' own interests through access to a wide range of art materials

Session Schedule: Aug – Oct 2023



| Venue | Date | Time | Artist Facilitators | Activities |
|----------------------------|-----------------------------|----------------|---------------------|--|
| Inverness Creative Academy | Mon 14 th Aug | 10am – 3pm | Jay & Izzy | Polymer Clay Modelling & Free Choice |
| Inverness Creative Academy | Tues 22 nd Aug | 10am – 12.30pm | Cecilia & Jay | Free Choice |
| The Spectrum Centre | Thurs 31 st Aug | 2pm – 4.30pm | Cecilia & Evija | Landscape Painting & Free Choice |
| Inverness Creative Academy | Tues 5 th Sept | 10am – 3pm | Jay & Cecilia | Free Choice |
| The Treehouse (Carsegate) | Thurs 14 th Sept | 2pm – 4.30pm | Izzy & Bonnie | 'Rex Ray' Style Collage & Free Choice |
| Inverness Creative Academy | Tues 19 th Sept | 10am – 12.30pm | Izzy & Evija | Free Choice |
| The Spectrum Centre | Thurs 28 th Sept | 2pm – 4.30pm | Jay & Cecilia | Mono Printing & Free Choice |
| Inverness Creative Academy | Tues 3 rd Oct | 10am – 3pm | Izzy & Bonnie | Stencil Design/ Spray Painting & Free Choice |

Questions? Queries? Feedback? Contact Project Coordinator, Bonnie: -
text/call: 07539020698 **email:** invernessopenarts@waspsstudios.org.uk

Reporting Adult Concerns The dedicated number for reporting adult support and protection concerns is being de-commissioned in the near future, the 0800 902 0042 phone number will be ceased, and people are being asked to direct their Adult Concerns / Referrals to the appropriate locality Adult Social Care Team.

Do You Have an Adult Concern?



To Make a Report or to Speak to the Social Work Team Please see Below:

| <u>AREA</u> | <u>EMAIL ADDRESS</u> | <u>PHONE NUMBER</u> |
|------------------------------|--|---------------------|
| Caithness | nhsh.caithnessspoa@nhs.scot | 01955 606915 |
| Sutherland | nhsh.sspoc@nhs.scot | 01408 664018 |
| Skye, Lochalsh & Wester Ross | nhsh.singlepointofcontactSLWR@nhs.scot | 01471 820174 |
| Lochaber | nhsh.lochaberdistrict@nhs.scot | 01397 709832 |
| Mid Ross | nhsh.mrhsc@nhs.scot | 01349 860460 |
| East Ross | nhshighland.eric@nhs.scot | 01349 853131 |
| Inverness East & West | nhsh.spoainvernesseastwest@nhs.scot | 01463 888333 |
| Nairn | nhsh.nairnsocialwork@nhs.scot | 01667 422702 |
| Badenoch & Strathspey | nhsh.bandsspoa@nhs.scot | 01479 812618 |
| Transitions Team | nhsh.transitionsteam@nhs.scot <i>(For under 25 year olds in Mid & East Ross, Inverness, Badenoch & Strathspey and Nairn)</i> | 01463 644325 |

If you require the emergency services Police/Ambulance or Fire please contact 999

TO CONTACT THE 'OUT OF HOURS' SERVICE – (OVERNIGHT, AT WEEKENDS, OR

PUBLIC HOLIDAYS) - RING 0808 175 3646

TO FIND DETAILS ABOUT ADULT SUPPORT AND PROTECTION

IN THE HIGHLANDS, PUT NHSH.SCOT/ASP IN YOUR WEB BROWSER

Culbokie Green Team – A Volunteer Opportunity

The Culbokie Community Trust are proud community land-owners - having secured about half a hectare of land in the village centre in 2015. Part of this land has now been developed as a wonderfully biodiverse community greenspace (Culbokie Green) in the heart of the village - with paths and seating, wildflower meadows, a community orchard, a covered timber shelter and natural play opportunities. The area has quickly become a haven for bumblebees and other small beasts and is developing into a fantastic community and educational resource.



The Green is being cared for by a volunteer group, The Green Team, which was established in summer 2022 and meets weekly. Many of our regular members are retired – but there are people at all stages of life including some parents bringing children who delight us with their cheerfulness and curiosity.

So far members of the group have planted trees and hedges, built willow domes, mowed and scythed the meadow, sown wildflower seeds, removed invasive species, built a bug hotel, painted a shipping container, turfed the shelter roof ... and much more. Work is varied and tailored to the abilities, preferences and ideas of individual volunteers. We've found that many hands make light work and it's been great to see the impact we make when we all get stuck-in together.



Developing volunteer skills and community social connections is important to us alongside the work we do. Occasional training sessions have included an excellent meadows training course and a family Bug Hunt, delivered by High Life Highland, which helped enthuse volunteers about the amazing array of creatures making the Green their home. A Christmas gathering in the shelter helped cement the social bonds amongst group members.

We meet at 2pm every Thursday at Am Fasgadh (the shelter on the Green) – come rain or shine! It's generally a sociable afternoon – we stop at 3pm for a good break and chit-chat and we finish at 4pm. We'd be delighted to welcome new members. You don't need to come every week – you can just dip in and out to fit with other commitments. We supply all the tools. All you need to bring are some gardening clothes and a drink.

To register interest or to find out more, contact Penny Edwards at info@culbokiect.org or ring on 07880 507793



Encouraging and Supporting Grassroots Activities Fund



About Dementia's ESGA 2023 grants programme is a funding opportunity for groups and organisations offering grassroots services that help people living with dementia and unpaid carers live well in their communities.

The grant is open to new and existing projects and can also be offered to joint ventures.

**For more information and to apply, visit
www.age.scot/GrassrootsDementiaFund, email us at
DementiaGrants@agescotland.org.uk, or call on 0333 323 2400**

Applications close on 1st September 2023

Awards of between £5,000 to £20,000 are available. Joint applications can receive up to £30,000.



www.age.scot/AboutDementia



@AboutDementiaSc

About Dementia bring together people affected by dementia and organisations to look at improving policy and practice across many different areas of life. It is part of Age Scotland - the national charity for older people, working to improve the lives of everyone over the age of 50.

Top Tips for Applicants

Thinking about applying for funding? Check out these five Top Tips from members of About Dementia's lived experience panel.

1



Don't be afraid to get in touch to discuss your ideas and if in doubt, ask. We're here to help!

2



Be brave – this is a fantastic opportunity, so go for it and give it a try!

3



Make sure you involve people with lived experience of dementia in your application and proposed work

4



Work with your community. Think about what other groups and organisations you could collaborate with

5



Avoid lengthy explanations. Be clear about what you're saying and try not to overcomplicate it

If you have questions about the fund, please get in touch with us:



0333 323 2400



DementiaGrants@
agescotland.org.uk

Age Scotland, Causewayside House, 160 Causewayside, Edinburgh EH9 1PR. Registered number 153343. Charity number SC010100



THE POWER OF **ONE**



MORE THAN HALF OF OVER 50'S IN SCOTLAND EXPERIENCE LONELINESS

2 PEOPLE ON EVERY STREET IN SCOTLAND ARE LONELY AND ONLY HAVE THEIR TELEVISION OR PET FOR COMPANY

Loneliness and isolation are two issues that affect many people. In today's busy world, it can be difficult to find time to connect with others and feel as though we are part of a community. However, loneliness and isolation can have serious negative effects on our mental and physical health, and has been associated with heart disease, stroke, high blood pressure, cognitive decline, and dementia. It is important that we recognize this issue and take steps to address it.

One of the most important things we can do to combat loneliness and isolation is to reach out to those in our community who may be struggling. Whether it's a phone call, a text, or an invitation to come to a community event, simple gestures can go a long way in making people feel seen, heard, and valued.

It's also important to remember that loneliness and isolation are not always obvious. Just because someone may seem outgoing or appear to have a lot of friends, it doesn't always mean they are not struggling with feelings of loneliness or isolation. We must be mindful and attentive to these issues and be willing to offer support and resources when needed.



Bring sunshine into somebody's life with free training from Linking Lives UK

We can help you make a difference with our **Power of One** resource which is designed to **inspire and equip individuals to make a positive difference in just one other person's life.** The resource includes **five short films and a downloadable guide** which provides suggestions for maximising the impact you can make to someone else experiencing loneliness and social isolation. To attend our free one-hour online webinar training session click the attachment in the link below or register on our website **www.linkinglives.uk**.

[Power of One webinar Tickets, Multiple Dates | Eventbrite](#)

In conclusion, loneliness and isolation can have serious negative effects on our mental and physical health. As a community, we must continue to work together to combat these issues by reaching out, creating inclusive environments, and offering support and resources when needed. Let's work together to help build a stronger, more connected community by loving our neighbours.

Michelle Candlish, National Development Manager

www.linkinglives.uk michelle@linkinglives.uk

Consultations, your chance to put ‘nothing about us without us’ into action...

SOPA Survey 2023 Have you filled in SOPA’s Survey?
<https://www.surveyhero.com/c/uvqrktca> Your answers are important as this will inform SOPA’s future work and ensure your voice is heard. Deadline for completion has been extended to Wednesday 6th September 2023. Please feel free to share this survey. If you require a paper copy please call 07434 867890 or email hetty@scotopa.org.uk and we will post one out. To find out more about SOPA visit www.scotopa.org.uk

Good afternoon,

I am contacting you regarding the launch of the public consultation on my proposed Member’s Bill in the Scottish Parliament to establish a Commissioner for Older People in Scotland.

As you will be aware many older people are facing significant challenges, from poverty and barriers to social care to discrimination and digital exclusion.

The treatment of older people during the Covid-19 pandemic, and now the social care crisis, has clearly highlighted the need for an independent voice with statutory powers to champion the rights and services for older people and to support the vital work that organisations such as yourselves do.

The consultation on my Member’s Bill to create a commissioner for older people in Scotland has now opened and will run until 12 September I would love to hear the views of your organisation.

You can find out more information about the Bill [HERE](#) and now that the consultation is live and you can complete the survey [HERE](#)

If you would like any more information or to discuss this further, please don’t hesitate to contact molly.cobain@parliament.scot

Best wishes

Colin, **Colin Smyth**, Member of the Scottish Parliament for South Scotland
(Scottish Labour and Co-operative Party)

Regional Office, 17 Buccleuch Street, Dumfries, DG1 2AT

T: 01387 279205 | **W:** www.colinsmythmsp.com

 [colinsmythmsp](https://www.facebook.com/colinsmythmsp) |  [@colinsmythmsp](https://twitter.com/colinsmythmsp)



The Scottish Parliament
Pàrlamaid na h-Alba



A Human Rights Bill for Scotland: Consultation

The Scottish Government is gathering views to help inform how it will take forward the Human Rights Bill. The Bill will incorporate a range of economic, social and cultural rights into Scots law for the first time, as far as possible within the limits of devolved competence. The consultation runs until 5th October 2023. Further information can be found here: [A Human Rights Bill for Scotland: consultation - gov.scot \(www.gov.scot\)](https://www.gov.scot/resources/consultation-papers/Human-Rights-Bill-for-Scotland-consultation/)

RNID Adult Hearing Aid Audiology Patient Survey (closes 3rd September)

RNID is building our knowledge of people's experience of adult hearing aid audiology and their ideas to help shape future innovations in audiology. We have had over 1,000 responses so far to the survey, however very few responses are from Scotland. We need your help in reaching the relevant people in your community to ensure views across the UK are heard.

Survey respondents can be in with a chance to win a £100 Love2Shop Voucher, redeemable across many high street and online stores.

Members of the Highland Senior Citizens

Network can [access the survey via this link](#) until

the 3rd September. Or scan the QR code on the poster to access the survey.

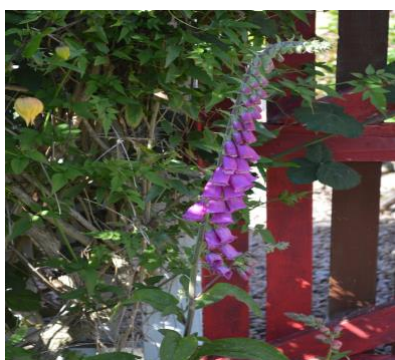
Lola Russell, Health Programme Lead (Mat Cover), lola.russell@rnid.org.uk or [02032 2760 20](tel:02032276020)



The poster features the RNID logo at the top left, with the tagline 'Supporting people who are deaf, have hearing loss or tinnitus'. The main headline 'TELL US YOUR VIEWS' is written in large, bold, green letters inside a white speech bubble. Below this, an illustration of a woman with glasses and a stethoscope around her neck is shown holding a megaphone. To the right of the illustration, the text reads: 'Tell us about your experience of adult hearing aid audiology services and you could win a £100 Shopping Voucher.' At the bottom of the poster, there is a green section containing the following text: 'RNID wants to understand the audiology support you want and your ideas for innovation.', 'The survey takes around 10 minutes to complete, and you have the chance to win a £100 Love2Shop Voucher redeemable across many high street and online stores.', and 'Survey closes on 3 September 2023.'. On the right side of this green section, there is a QR code with the text 'SCAN THE QR CODE TO COMPLETE THE SURVEY' above it. At the very bottom of the poster, in small print, it states: '© RNID is the trading name of the Royal National Institute for Deaf People (RNID). Registered charity in England, Wales (207720) and Scotland (SC038926). Registered company in England and Wales (454169). Registered address: Brightfield Business Hub, Bakewell Road, Orton Southgate, Peterborough, PE2 0XU.'

Gardening corner The story so far Ùisdean, Head Gardener here again with a small selection of gardening advice. This column will cover the months of July and August. I will also provide some notes of a distinguished gardening colleague at the conclusion.

| | July | August |
|-------------------------|---|--|
| Tasks | <ul style="list-style-type: none"> • Deadhead flowers to encourage continued blooming • Cut back herbaceous plants to encourage new growth • Plant autumn flowering bulbs • Collect fresh fruit regularly • Enjoy your potatoes • Relax | <ul style="list-style-type: none"> • Continue to deadhead flowering plants • Plant snowdrops, crocus and dwarf iris • Keep hedges trimmed and remove weeds from base • Last month to re-pot pot bound plants |
| Seeds to sow | <ul style="list-style-type: none"> • Primula, chervil, dill, parsley, spring onions, lettuce, radish | <ul style="list-style-type: none"> • Spring cabbage, winter lettuce. • Sow seed collected from current perennials such as poppies. Keep half of seed back for sowing next spring. |
| Cuttings to take | <ul style="list-style-type: none"> • Berberis, box, jasmine, honeysuckle | <ul style="list-style-type: none"> • Fuchsias, verbena, bay, lavender, rosemary, sage, hebe, box, dianthus |
| Looking good | <ul style="list-style-type: none"> • Achilleas, digitalis, potentilla, begonia, hebe, roses, clematis | <ul style="list-style-type: none"> • Campanula, rudbekia, crocosmia, dahlia, ceanothus |



Digitalis



Clematis

Due to publication deadlines the illustrations to this piece have been taken in June.

Notes from Ùisdean – In this piece the boot is on the other foot – I'll cover a key mentor of mine – Archie MacDougall (1927 -1999). Archie was one of the gardening team at the Bught Park gardens – now Inverness Botanic Gardens - when I worked there in the late 1970s. Although born in Perthshire Archie had roots in the Knoydart Estate to which he returned aged four after the death of his mother. At this point the Bowlby family owned the estate and Archie served his apprenticeship in the gardens there. In 1934 ownership of the estate passed into the hands of Lord Brocket. As an absentee landlord

Brocket used the estate for shooting and fishing and he opposed crofters rights and evicted staff.

Throughout the Second World War the estate was used as a military training ground. During this time and post war the local crofters drew up plans to increase crofting on the estate. These plans were opposed by Brocket and the Government. Archie was away on National Service when in November 1948 six crofters and Archie stacked claims to land plots. These were blocked by legal action and disinterest from the government. By 1952 Archie and the other raiders had been dismissed from the estate. Archie then held a range of gardening posts before ending up in the Bught gardens from where he retired.

Archie always expressed the hope that a permanent marker to the land raid be built and this was achieved in 1991 when he unveiled a commemorative cairn and plaque. As well as this Archie wrote a book on the land raid – *Knoydart: the last Scottish land raid*, and he also presented a Gaelic gardening programme on Radio nan Gàidheal. Although very unwell Archie fortunately lived to see the Knoydart Community purchase of the estate in 1999 - however he passed away shortly after this.



Archie (with screwdriver) and colleagues working on the commemorative cairn to the land raid. *Image and article content courtesy Willie Morrison/Rob Gibson - <https://www.robjibson.scot/post/knoydart-the-land-raid-that-wasn-t-in-vain>*

To be continued

Members Corner – Comments, suggestions and poems from HSCN members

“Thanks for May/June newsletters, informative as ever! Am spreading the good news and newsletters here. Re the item on bus travel, it would be helpful for those of us who continue to resist having mobile phones, if printed bus timetables could be reinstated at bus shelters which do not have digital information boards”.

“Please can you put the phone numbers in a larger font as I sometimes struggle to read them”.

What a dreary world it would be

What a dreary world it would be
If there was no tales of Fantasy!
No Mister Rabbit, no Mister Mouse,
No Fairy Princess, Queen or King,
No handsome Prince, no magic ring,
No gay Frog, no grumpy Toad
Who in dark ponds has his abode.
No castle turrets on a hill,
No fierce Dragon in dungeon chill;
No fairy ring in meadow green,
No gnomes, no Elvins, to be seen;
These would be missed should this come true,
By all children, and grown-ups, too.

Phyllis Jermy Deceased